

Robert Rock Senior Center



610 Waterman Avenue
East Providence, RI 02914
401-435-7800
Fax: 401-563-7024
www.eastprovidenceri.gov



Follow us on Facebook!

March 2024

Senior Center Services

Elder Resource Specialist
Amanda LaPlante

Monday-Friday 401-270-1788

Community Health Worker
Gilbert Williams-Hackney
Angela Raposo

Monday-Friday 401-443-4312

Healthy Aging Nurse Coordinator
Shahnee Lagor, BSN, RN-BC

Office hours: Tuesday, Thursday and Friday 9AM-2PM

Eastside Clinical Laboratory Transportation
Call 401-435-7800 to register for transportation.

Notary Public

Pat Thomas, Receptionist

M-F 9:00am-12:00pm to notarize documents for our seniors.

Senior Shopping

Thursday & Friday Mornings: Call 401-435-7800

The Senior Center will pick you up at your home and take you to Stop & Shop, Walmart or Shaw's in East Providence.

Open to Seniors living in East Providence.

SHIP Counseling

By Appointment Only- Call 401-435-7876 x1137

Staff

Laura Jones

Director

ljones@eastprovidenceri.gov

Shahnee Lagor

Healthy Aging Nurse Coordinator
slagor@eastprovidenceri.gov

Amanda LaPlante

Elder Resource Specialist
alaplante@eastprovidenceri.gov

Gilbert Williams-Hackney
Angela Raposo

Community Health Workers
gwhackney@eastprovidenceri.gov
araposo@eastprovidenceri.gov

Cindy DeMedeiros

Dining Room 401-270-1814
cdemedeiros@eastprovidenceri.gov

Pat Thomas & Rhonda Marzetta

Member Services Representatives
pthomas@eastprovidenceri.gov
rmarzetta@eastprovidenceri.gov

Facilities:

Kenny Atkinson
Napoleon DeBarros

Transportation:

Joe Serodio
Christopher Januario
Dennis Price
Tom Taylor
Richard Wood

MISSION STATEMENT:

The mission of the Robert Rock East Providence Senior Center is to assist, inform and enrich the lives of all persons 55 years of age and older or persons with disabilities in the East Providence area.





Message from the Mayor:

March is Women's History Month and March 8th is International Women's Day. In celebration, the City of East Providence is launching the 2nd annual Remarkable Women Program by celebrating the achievements of women in East Providence. Each week in March, remarkable women who have inspired others, who have contributed to the betterment of the city and the advancement of women in East Providence will be recognized and celebrated for their impact on the community. If you know a remarkable woman, please nominated her by going to:

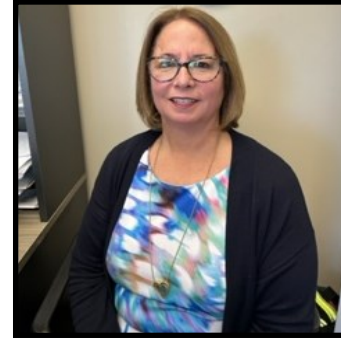
<https://eastprovidenceri.gov/form/remarkable-woman-nomination-form>

In addition, March is Colorectal Cancer Awareness Month. The city will be holding an event sponsored by Brown Medicine at City Hall on Thursday, March 28th at 5:00 pm. We hope to see you all there to learn about prevalence, screening, and prevention.

The city will also be holding an Irish flag raising on March 15th at 11:30 am at City Hall. To stay informed of all the events happening in our city, please check the city calendar on our webpage <https://eastprovidenceri.gov/calendar> and remember to sign up for our monthly newsletter. <https://lp.constantcontactpages.com/su/3CZ5I08/CityofEastProvidenceNews>

Sincerely,

Mayor Bob DaSilva



Letter from the Director:

Happy Spring! It is so nice to see nature come to bloom during the springtime. Thank you to everyone who has been participating in our newly added backgammon. I have purchased two new boards to play on. This month's newsletter is jam packed with information and newly added activities.

We are very excited to announce bingocize is beginning at the Senior Center on March 19. Register by the front desk. Space will be limited for this class. It is a 10 week commitment.

Hope to see you there!

Best,

Laura Jones
Director of Senior Services

Robert Rock East Providence Senior Center
-Advisory Group-

Judy Phillips	Jan Kinder	Jim Phillips
Ann Fagundes	Ken Goucher	Elaine Robinson
Donald Senna	Dick Wood	Christine Singleton

DAYS TO REMEMBER IN MARCH:

March 10: Daylight Savings Time Begins (*Clocks Forward*)
 March 17: St. Patrick's Day
 March 19: First Day of Spring
 March 29: Good Friday, **Senior Center CLOSED**
 March 31: Easter Sunday

BINGO INFORMATION EVERY TUESDAY

\$6.00 per card



Doors
 Open at
 1:00PM.
 Games
 start at
 1:30PM
 Dabbers:
 \$2.00
 each

PULL TAB INFORMATION:

*Pull Tabs available on
 Tuesdays only.*

.50 ¢ per pull tab
 OPEN 1:00PM-1:25PM
 All transactions **MUST** be
 completed by 1:25PM.

**SHOPPING TRIPS SCHEDULE
 MARCH 2023:**

Mar. 1: WALMART
 Mar. 7: Stop & Shop
 Mar. 8: Shaw's
 Mar. 14: Stop & Shop
 Mar. 15: Shaw's
 Mar. 21: Stop & Shop
 Mar. 22: Shaw's
 Mar. 28: WALMART

*To add your name to our
 shopping list, please call:
 401-435-7800.*

*Reservations for grocery
 shopping **MUST** be made 24
 hours in advance!*



**The RI Bar Association
 &
 East Providence Senior Center
 Will Be Hosting An**

**Ask-A-Lawyer
 March 12, 2024
 10:00 - Noon**

*Visiting attorney
 Rebecca N. Warr will give a
 brief presentation on
 Elder Law followed by a
 question and answer period.*

BACKGAMMON



*Players move their checkers around the
 board according to rolls of the dice and
 the first player to get all their checkers off
 is the winner. The fun comes from hitting
 and blocking your opponent's checkers
 to impede their progress.*

*This is a game of odds, calculation, patterns, and vision.
 Whether you are a seasoned Backgammon player or would like
 to learn how to play, please join us!*

**MONDAY MORNINGS:
 10:30AM-11:30AM**

Tuesday Afternoons Throughout March..

MAH JONGG CLASSES!

*Mah Jongg training class will be offered at the Senior
 Center on Tuesday afternoons beginning in March.*

Late bus transportation will be offered.

CREATIVE CONNECTIONS

**THURSDAY, MAR. 21
 10:30AM**

*Craft being done to be announced.
 Keep an eye on our sign up sheets at the
 front desk to learn more about this months
 class!*

We will be showing:



**WAKING NED DEVINE
 MARCH 25, 2023 1:00PM**

Popcorn will be served

NEW PROGRAMMING AT THE SENIOR CENTER:

CAREGIVER RESOURCE WORKSHOP AT THE SENIOR CENTER!

HOSTED BY ANGELA AND GILBERT

MONDAY, APRIL 15, 2024
3:00PM-4:00PM

Gilbert and Angela will be discussing different resources to help the caregiver. Some topics of conversation will be:

- ◆ Transportation
- ◆ Food Security
- ◆ Taking Care of the Caregiver
- ◆ Local Support Groups

Please Join Us!

Craft Club is Back!



DECORATE TREE OF LIFE

Monday, March 25
11AM-11:45AM

Paint and decorate a tree of life wooden board. This piece can be hung in your home or gifted to a loved one! Supplies included.

Registration is required.

Limited space available. Sign up today!



Join us for a FREE program that combines the fun of Bingo with exercise and education designed for older adults.

Improve mobility and nutrition,
socialize, reduce falls,
learn about safe medication practices

Earn a \$25 gift card for completing the program

The 10-week program meets for one hour twice a week starting: **March 19, 2024**
Tuesdays and Thursdays 10:45am-11:45am
at: The East Providence Senior Center, 610 Waterman Ave. E. Providence, RI

Call 401-435-7800 to register today



HAPPY EARTH DAY



SR. CENTER CLEAN UP DAY

SR. CENTER & RECREATION WILL PARTNER UP TO CLEAN THE GROUNDS FOR EARTH DAY!

FRIDAY, APRIL 19
10:00AM-11:30AM

EAST PROVIDENCE SENIOR CENTER
610 WATERMAN AVENUE
EAST PROVIDENCE, RI 02914

Health Related Programs:

NO MEDITATION ON FRIDAY, MARCH 22!

Be Prepared... Do you need at home COVID-19 Test Kits?

Get **FOUR FREE AT HOME COVID-19 tests** while supplies last. Place an order to receive four free COVID-19 rapid tests delivered directly to your home from USPS.

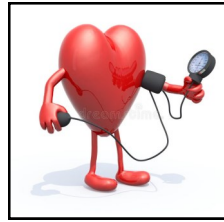
<https://special.usps.com/testkits>

Need help placing an order for your free at-home tests?

Contact Gilbert, our Community Health Worker at 401-443-4312.

NURSE HOURS TUESDAY, THURSDAY, & FRIDAY 9AM-2:30PM

Blood Pressure Checks in March 2024:



Tuesday, Mar. 5:
Orchard View is coming to assist with blood pressure checks.

Tuesday, Mar. 26:
Hattie Ide Chaffe is coming to assist with blood pressure checks.

The loss of a loved one is one of the most difficult experiences anyone can go through. The pain and grief can be overwhelming. The Robert Rock East Providence Senior Center is committed to helping those in need manage their grief in healthy ways and help begin the healing process.

We have partnered with Hope Hospice and will be offering grief support groups the first Friday of every month from 1:00pm-2:00pm. Whether your loss is recent or from years ago, grief is a journey and we are here to help you along the way.

Grief Support and Healing **Friday, March 1st 1:00pm-2:00pm** at the East Providence Senior Center (610 Waterman Avenue, East Providence RI 02914)



URI SNAP ED IS BACK!

WEDNESDAY, MARCH 20 10:30AM

Container Gardening Presentation.

Learn how to start an herb or vegetable garden inside your home and keep it growing throughout the year.

THE UNIVERSITY OF RHODE ISLAND



DO YOU SUFFER FROM CHRONIC PAIN?

Chronic pain is described as pain that lasts longer than 3 months. For many, chronic pain can lead to depression, problems with mobility, loss of sleep, isolation and more. Learn how to take back your life in our 6 week Chronic Pain Self-Management program. Hear from others like you, build support, share tips, and learn new ways to manage your pain.



Registration is required.

STARTING MONDAY, MARCH 4TH 930AM-11AM

THE UNIVERSITY OF RHODE ISLAND COLLEGE OF PHARMACY

URI PHARMACY OUTREACH RETURNS!
FRIDAY, MARCH 22 10:30AM

'Talk Before You Take'

Learn what you should know about prescription medications and how to get the best results from them. Know what questions to ask, how to avoid medication errors and what the medication is expected to do for you. We will also offer tips on cost-cutting and resource information about prescription assistance programs.

Skip the salt and lower your blood pressure in just two weeks!

Join Nurse Shahnee for a presentation on sodium and how it affects your blood pressure. She will share side effects to look for and tips on how to cut back.

Registration Required.

TUESDAY, MARCH 19 10:30AM



ARE YOU LIVING WITH HEART FAILURE?

Heart failure is a chronic, life-long condition that gradually worsens with age. However, there are some steps you can take to help alleviate symptoms. In fact, new research suggests that mindfulness may help improve your ability to self-care for heart failure. Miriam Hospital is looking for participants who have been diagnosed with heart failure for their "Mind Your Heart" study. The study runs 9-months and most of it is done over the phone or in the comfort of your own home. Participants will be compensated for their time. Come for a Lifespan Hospital presentation at the Senior Center on heart failure, the signs and symptoms of heart failure and how to best care for yourself. Plus, hear more about the study and see if you qualify during the presentation.

TUESDAY, MARCH 26 10AM



Warm Water Pool Time at PODS SWIMMING

Mondays
2:00 pm-3:00 pm
11 Commercial Way
East Providence

*The Robert Rock East Providence Senior Center is partnering with PODS Swimming!
PODS Swimming has reserved their warm water pool for
East Providence Senior Center members.*

COST:

Senior discount of \$7.00 per session or if you prefer you can purchase a punch card for \$70.00 for 10 sessions.

TRANSPORTATION:

The Senior Center will provide transportation to PODS Swimming. Please contact Member Services for more information and to reserve transportation by calling 401-435-7800.

REWARD CARDS ARE BACK!

The East Providence Senior Center is excited to announce the return of the Rewards Program beginning in March 2024! The program aims to promote and encourage member participation in educational opportunities at the Senior Center.

Robert Rock East Providence Senior Center

★ **REWARDS CARD** ★

Each Special Presentation Attended = 1 punch
5 punches = free prize!

When you reach **5** punches, see the front desk.

1 2 3 4 5

Name: _____ ID: _____

Here's how the program works: Stop by the Resource Center to pick up your rewards card (beginning March 1, 2024). Find a class on the monthly calendar that is in **red bold font**. Attend the class and receive a stamp on your Rewards Card. Once you earn 5 stamps, turn your card in for a gift card at the Resource Center.

Any staff member can stamp your card once you complete the class that is eligible for a stamp.



***The rewards program at the Senior Center is funded by Blue Cross Blue Shield RI.
The rewards program is subject to change or end if/when all funding for the program is spent down.***

A LOOK BACK FROM FEBRUARY:



Robert Rock Senior Center Activities

MARCH 2024

Mon	Tue	Wed	Thu	Fri
	ANNOUNCEMENT: Creative Art Studio is now being held every Wednesday morning at 11AM-12:30PM.	REWARDS CARDS: Every event in RED BOLD FONT will count towards your reward card!	**Calendar Items are subject to change based on cancellations and/or inclement weather**	1 8:30A: Scrabble 9:30A: Senior Shopping 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation 1P: BCBS Balance 1P: Grief Support 1:30P: Hi Lo Jack
4 8A: AARP Tax Assistance 9:30A: Chronic Pain Self Mgt. 10:30A: Backgammon 2P: PODS Swimming 3P: Get Set Up Virtual Class	5 9:30A: Tai Ji 10A: Watercolor Paint 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga 1P: Mah Jongg Class 1:30P: BINGO!	6 8A: SHIP Counseling 9A: 20/20/20 Fitness 10:45A: PACE Chair Exercise 11A: Creative Art Studio 1P: Cribbage	7 9:30A: Senior Shopping 9:30A: Tai Ji 12:30P: Bridge 12:30P: Knit & Crochet	8 8:30A: Scrabble 9:30A: Senior Shopping 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation 1P: BCBS Balance 1:30P: Hi Lo Jack
11 8A: AARP Tax Assistance 9:30A: Chronic Pain Self Mgt. 10:30A: Backgammon 2P: PODS Swimming <i>*Tech Assistance by appt only*</i>	12 9:30A: Tai Ji 10A: Water Color Paint 10A: Smartphone Help 10A: Ask-A-Lawyer 10:45A: Chair Yoga 1:30P: BINGO! 1P: Mah Jongg Class	13 9A: SHIP Counseling 9A: 20/20/20 Fitness 10: BCBS Cooking Demo 10:30A: Age Well, Get Connected 10:45A: PACE Chair Exercise 11A: Creative Art Studio	14 9:30A: Senior Shopping 9:30A: Tai Ji 12:30P: Bridge 12:30P: Knit & Crochet	15 8:30A: Scrabble 9:30A: Senior Shopping 10A: Mah Jongg 10:45A: PACE Chair Exercise 11A: Meditation 1P: BCBS Balance 1P: Podiatrist by Appt only. 1:30P: Hi Lo Jack
18 8A: AARP Tax Assistance 9:30A: Chronic Pain Self Mgt. 10:30A: Backgammon 2P: PODS Swimming <i>*Tech Assistance by appt only*</i>	19 9:30A: Tai Ji 10A: Water Color Paint 10A: Smartphone Help 10:30A: BP Nutrition Presentation 10:45A: Chair Yoga 10:45A: Bingocize 1:30P: BINGO! 1P: Mah Jongg Class	20 9A: SHIP Counseling 9A: 20/20/20 Fitness 10:30A: URI SNAP Ed 10:45A: PACE Chair Exercise 11A: Creative Art Studio 1P: Cribbage	21 9:30A: Senior Shopping 9:30A: Tai Ji 10:30A: Creative Connections 10:45A: Bingocize 12:30P: Bridge 12:30P: Knit & Crochet	22 8:30A: Scrabble 9:30A: Senior Shopping 10A: Mah Jongg 10:30A: URI Pharm Outreach 10:45A: PACE Chair 1P: BCBS Balance 1:30P: Hi Lo Jack <i>*Meditation Cancelled*</i>
25 8A: AARP Tax Assistance 10A: The Pointe Assistance 10A: Backgammon 11A: Craft Club 1P: Movie Showing 2P: PODS Swim <i>*Tech Assistance by appt only*</i>	26 10A: Water Color Paint 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga 10:45A: Bingocize 1:30P: BINGO! 1P: Mah Jongg Class	27 9A: SHIP Counseling 9A: 20/20/20 Fitness 10:30A: Age Vibrantly Seniors Presentation 10:45A: PACE Chair Exercise 11A: Creative Art Studio 1P: Cribbage	28 9:30A: Senior Shopping 9:30A: Tai Ji 10:30A: Bingocize 12:30P: Bridge 12:30P: Knit & Crochet	29 Senior Center Closed  Good Friday

Nurse

Part time Nurse is on site to assist you with any health related needs. Schedule an appointment with Shahnee today to learn more about maintaining a healthy lifestyle.

401-270-1792

*Nurse Hours: Tuesday, Thursday, Friday
9AM-2:30PM*

Senior Shopping

Senior Services will pick you up at home to go grocery shopping at Stop & Shop or Shaw's weekly and Walmart monthly. Limit 4 bags per person. Everyone is given an hour to shop for their items. Senior Services will drop you off at home.

\$1 transportation fee. Registration is required.

Age Well, Get Connected

Sharpen your computer skills with a once a month course on computers! Bring your own computer, or we can supply a Chromebook for you. **Registration not required. No fee.**

March 13- 10:30AM

Knit & Crochet- Craft Group

Join us weekly to knit and crochet various items. Learn about new patterns and designs. Thursdays 1:00PM-3:00PM.

No registration required. No fee.

SHIP Counseling

State Health Insurance Program (SHIP)

Counselor is available on Wednesdays and Fridays (by appointment only). Counselors can help with Medicare/Medicaid enrollment, current plans, and future medical plans.

Call 401-435-7876 X1137 for an appointment.

No Fee

Gym Orientations- Robin/Sandra

Robin and Sandra can provide orientations and show fitness members how to properly use the fitness center equipment. Robin and Sandra can explain proper techniques and demonstrate exercises.

For fitness members only

Tuesdays 9:30A-11:30A/1P-3P Thursdays 9:30A-11:30A

Fridays 1P-2P

No registration required. No fee.

Smartphone Help

Learn tips and tricks on your smart phone. Learn more about text messaging, internet use, and apps.

Drop-in on Tuesdays 10:00AM- 11:00AM.

No registration required. No fee.

20/20/20 Fitness

Three workouts in one! This senior geared class gives you 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of stretching/core work. Wednesdays 9A-10A **No registration required. \$3.00 per class**

Chair Yoga

Chair Yoga is wonderful for both your mind and body.

Tuesdays with Cyn 10:45AM **\$3.00 per class.**

No registration required.

Hi Lo Jack

A game of chance, Registration required.

Call 401-435-7800 for more information

or if you are interested in being a sub to

play. Fridays 1:30PM-3:30PM.

\$3.00 to

play

.25 ups or

bumps

Creative Art Studio

Oriented for personal choice media such as collage, acrylic, pastel, etc.

WEDNESDAYS 11AM-12:30PM

Registration required \$3.00 per class.

Craft Club

Participants are given the opportunity to explore various art making skills. Activities allow participants to enhance their creative and visual skills. **Fee: \$5.00**

Registration required. Limited space available.

PACE Chair Exercise

When you do chair exercises, you reduce the risk of falls. The movements in PACE chair exercise are low impact that increase blood flow and strengthen your muscles.

No registration required. No fee.

Cribbage, Bridge, Scrabble, Mah Jongg, Backgammon

Each game is offered weekly at the Senior Center. Take a look at our daily activities calendar to see which day games are scheduled.

No registration required. \$3.00 fee for Cribbage.



TECHNOLOGY ASSISTANCE



Smartphone/Computer Assistance


Drop by the Robert Rock East Providence Senior Center on
TUESDAYS FROM 10AM-11AM
Learn some tips and tricks with your Smart Phone!
No registration required

AGE WELL, GET CONNECTED
 Age Well, Get Connected is a monthly computer assistance session hosted by East Bay Community Action. Drop in and have your computer questions answered as well as learn some new tips and tricks you may have not known before!
 No Registration Required.
March 13, 2024 10:30AM



LOOKING FOR 1:1 COMPUTER ASSISTANCE AT THE SENIOR CENTER?
Gilbert, our Community Health Worker can help!
 On Mondays, Gilbert will be available to answer questions about technology. **Appointments are required.** Please call 401-433-4312 to make your appointment. Feel free to bring your own laptop or tablet!

GetSetUp **MONDAY, MAR. 4-3:00PM**
LIVING HEALTHY: A LIFELONG VENTURE TO A HEALTHIER YOU
This is a virtual class projected on Zoom!
 Share and hear how others define a healthy lifestyle and what they do to live that way.



BENEFITS OF TECHNOLOGY FOR OLDER ADULTS

MENTAL STIMULATION
 Regular internet use has been shown to reduce the risk of dementia because it helps improve cognitive function and memory skills. Online gaming helps with mental stimulation. Games such as matching, crossword puzzles, sudoku, etc. are all great mind power games online that can help improve and maintain cognitive function.

REDUCED ISOLATION
 The internet represents the possibility to combat loneliness. Older adults can stay connected to friends and family from far away. They can even find message boards and connect with people with common interests, thereby building a community from the comfort of their own homes.

HEALTH MONITORING
 Individuals can use smartphones, fitness watches, and other devices to track their vital signs, including oxygen levels, heart rate, and blood pressure. There are also apps that remind people when it is time to take their medicine. Additionally, the internet allows people to easily access their health portals, review test results, and schedule appointments with their doctors.

ENTERTAINMENT & HOBBIES
 Older adults who retire may find themselves with more free time than ever before. The internet can open new worlds for them. Is there a rusty guitar in their house they never used? They can watch YouTube videos to learn how to play. There are also workout videos online, countless books, movies, and TV shows online as well.

INCREASED INDEPENDENCE
 Online shopping and delivery make it easier for an older adult to maintain their independence if they no longer drive. Also, apps like Uber and Lyft have helped seniors feel more independent because they no longer have to rely on family and friends to bring them places.
 Voice activated technologies allow folks to do things like turn on music or raise the temperature through a simple verbal command. Meanwhile, personal monitoring devices with GPS functions and other alert systems such as fall detection, can bring peace of mind to both older adults and their loved ones.

TAX ASSISTANCE PROGRAMS:



AARP TAX ASSISTANCE:

DO YOU NEED HELP WITH YOUR TAXES? MAKE AN APPOINTMENT

**WITH PATTY FROM AARP TO GET THE BALL ROLLING.
APPOINTMENTS ARE MANDATORY.**

**THE AARP TEAM WILL BE AT THE
EAST PROVIDENCE SENIOR CENTER EVERY MONDAY
FROM:
FEB. 5, 2024- APRIL 8, 2024.**

TO BRING WITH YOU THE DAY OF YOUR APPOINTMENT:

PHOTO ID, DRIVER'S LICENSE , LAST YEAR'S TAX RETURN

W2 WAGES – EARNINGS

W2 GAMBLING WINNINGS

1099G UNEMPLOYMENT

1099R PENSION – ANNUITY

SSA-1099 SOCIAL SECURITY STATEMENT (HAS PINK BOX)

1099 INT AND 1099 DIV INTEREST & DIVIDENDS

1099B BROKERAGE STATEMENT AFTER MARCH 15, 2023

1099MISC MISCELLANEOUS INCOME

1099NEC NON EMPLOYEE COMPENSATION

ALIMONY, DATE OF DIVORCE , FORMER SPOUSE NAME &
SS#

1098T EDUCATION, TUITION

DEPENDENT CHILD CARE PROVIDER NAME, ADDRESS, EIN
#, AMOUNT PAID FOR EACH CHILD

RENT – LANDLORD'S NAME, ADDRESS, PHONE# ,

AMOUNT PAID - FOR PROPERTY TAX RELIEF CREDIT

FOR INFORMATION OR APPOINTMENTS,

CALL PATTY BREEN AT 401-246-1678

CALL AFTER JANUARY 15, 2024 BETWEEN

9AM-12PM.

east bay community action program
THE BRIDGE TO SELF-RELIANCE



VOLUNTEER INCOME TAX ASSISTANCE PROGRAM (VITA):

East Bay Community Action's Volunteer Income Tax Assistance (VITA) program will once again have trained and certified preparers available to provide free tax preparation to clients **earning under \$57,000.00**. VITA will be at multiple locations this year.

Please only call the Office of Volunteer Services at 401-435-7876, ext. 1137 to schedule or cancel an appointment.

Please note that a valid Driver's License/Photo ID for the taxpayer and social security cards for the taxpayer and all dependents are mandatory. If possible, please print out and complete the VITA Tax Survey and the Intake/Interview & Quality Review Form and bring them to your appointment.

For more information, please visit the link provided below:

<https://www.ebcap.org/programs/east-bay-volunteer-income-tax-assistance-vita-program/>

If you have issues with the link provided above, please call the Senior Center for assistance accessing the list of documents needed for your appointment.

GUARDIAN ANGEL AWARD

Do you know someone who goes above and beyond for someone in need?

Maybe they helped make your day or life better in some special way, and you want to thank them. **Tell us your story!** Nominate a senior today for the Guardian Angel Award.

Nomination forms can be found in the Health Office. Fill it out explaining why this senior is so amazing. Senior Center staff will review each nomination and select a winner quarterly (depending on how many submissions we receive). We will highlight the awardee on the board in the Health Office as well as in our newsletter.

Aging Vibrantly Adults



20% of people age 55 years or older experience some type of mental health concern including feelings of depression and anxiety.

Learn to better understand mental health. Participants will gain knowledge, skills, confidence, and about resources. These trainings are for both care givers and older adults to better navigate mental health so we can all age healthy and vibrantly. East Bay Regional Coalition provides these trainings at no cost.

Please join us Wednesday 3/27/24 10:30-11:30 am at the East Providence Senior Center, 610 Waterman Avenue, East Providence and receive a 25.00 gift card to Shaws!

To register for training or for more information please contact Steven Eiland, MHAT Project Director at eastbaymhat@gmail.com or call 401-247-1900 ext. 346 or Scan the QR code with your phone camera.



This MHAT project is funded by SAMHSA
NOA 6H79SM084527-02M002



East Bay Regional Coalition
Member of Rhode Island Regional Coalitions



BARRINGTON
Prevention Coalition



BRISTOL
PREVENTION
COALITION



EPPC
East Providence
Prevention Coalition



Warren
Prevention Coalition

**DO YOU LIKE WHAT YOU SEE?
ARE YOU INTERESTED IN BECOMING A MEMBER OF THE SENIOR CENTER?**

Give us a call at 401-435-7800 to schedule a tour today!

MEMBERSHIP FEES:

Membership is required for all activities. Membership is not required to only come for lunch

GENERAL MEMBERSHIP:

Residents of East Providence: \$20.00/year

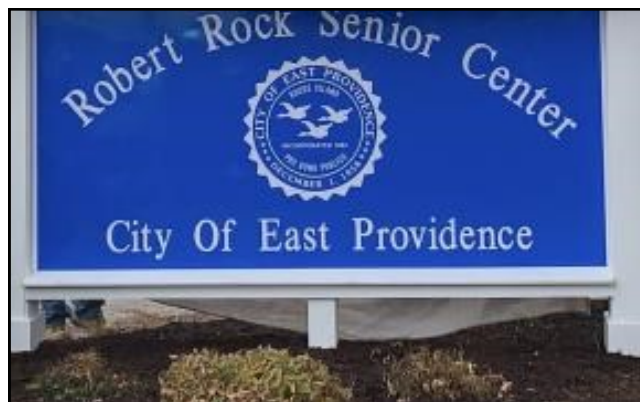
Non-residents: \$25.00/year

GENERAL MEMBERSHIP INCLUDING FITNESS CENTER:

Residents of East Providence: \$60.00/year

Non-residents: \$70.00/year

** New membership and renewal forms can be picked up at the front desk!**



ADDITIONAL PROGRAMS/PRESENTATIONS:

Blue Cross Blue Shield Chef Kevin returns to the Senior Center to share tips on how to shop and cook to prevent diabetes. He will be whipping up a special treat for participants as he shows us how to turn healthy food into delicious food!



**WEDNESDAY, MARCH 13
10:00AM**

SHIP COUNSELING

The State Health Insurance Assistance Program (SHIP) helps people find the right Medicare coverage at the right cost. SHIP also assists beneficiaries with limited income to apply for programs, such as Medicaid, Medicare Savings Program and Extra Help/Low Income Subsidy, which can subsidize or reduce healthcare costs.



east bay community
action program

*SHIP Counselors are at the Senior Center weekly
(by appointment only).*

**Call 401-435-7876 x1137 to schedule your
appointment today!**

THE POINT

Maria from the Point will be visiting the Senior Center on the 4th Monday of the month to assist with Medicare, Medicaid applications, and DHS applications.

**Call Maria to schedule an appointment today!
401-519-0374**

Monday, Mar.25: 10A-12P





Easy Beef and Cabbage Dinner

Prep time: 15 minutes
Cook time: 25 minutes
Servings per recipe: 8
Serving size: 1 cup

Directions

- 1) In a large skillet, heat oil over medium heat. Add ground meat and onion and cook, stirring, until meat reaches 165°F or is no longer pink in the middle.
- 2) Add garlic and cook for 1 more minute.
- 3) Add the cabbage, tomatoes, tomato sauce, water, pepper and salt and bring to a boil. Reduce to low heat.
- 4) Cover and simmer for 25 minutes or until cabbage is tender.

Ingredients

- 1 tablespoon vegetable oil
- 20 ounces (1¼ pounds) lean ground beef or turkey
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 small head cabbage, chopped
- 1 (28 ounce) can diced tomatoes, no salt added
- 1 (8 ounce) can tomato sauce
- ½ cup water
- 1 teaspoon black pepper
- ½ teaspoon salt

THE
UNIVERSITY
OF RHODE ISLAND
web.uri.edu/SnapEd



**Questions about
nutrition?
Call 1-877-FOOD-URI**

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.
This institution is an equal opportunity provider.

\$3.00 Suggested Donation

March 2024

Lunch is served at
12:00 pm

**PLEASE CALL OUR DINING ROOM AT
401-270-1814 TO PLACE YOUR LUNCH
ORDER 24 HOURS IN ADVANCE!!**

Menu Items are subject to change due to
being unavailable to obtain.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



*Funded in part by the US
Administration on Aging
and the Rhode Island Office
of Healthy Aging*

**All menu items may
contain nuts, seeds,
beans, wheat bran, and
other allergens**



1
Tomato soup
Beer battered fish
Rice pilaf
Green beans
Sliced ww bread
Pineapple chunks
Roast beef on roll

4
Vegetable soup
Chicken cordon bleu w/ gravy
Rice Florentine
Sautéed vegetable
Multi grain roll
Pudding
Seafood salad on wheat

5
Chicken escarole Soup
Top sirloin roast
Roasted potatoes
Zucchini w / tomatoes
Jello
Ww roll
Chef salad

6
Vegetable lentil soup
Roasted chicken thighs
Green beans
Ww roll
Sliced pears
Turkey & Swiss cheese

7
Kale & bean soup
Meatloaf w/ gravy
Mashed potatoes
Mixed vegetables - roll
Cake
Chicken salad plate

8
Roasted cauliflower soup
Potato crusted fish
Rice pilaf
Peas & carrots
Fresh fruit - Ww roll
Tuna salad plate

11
Chicken soup
Lasagna roll up w/ meat sauce
Sautéed Italian vegetables
Garlic bread
Tropical fruit
Egg salad sandwich

12
Navy bean soup w/ vegetables
Chicken francs
Green beans w / stewed tomatoes
Spanish rice
Lorna doone cookie
Seafood salad sandwich

13
Vegetable barley soup
American chop suey
Roasted yellow squash
Sliced peaches – Ww roll
Spinach salad w/chicken

14
Irish potato soup
Corned beef
Cabbage & carrots
Boiled potatoes
Irish soda bread
Brownie

15
Clam chowder (red)
Baked fish
Cole slaw
Rice pilaf
Pudding – Ww roll
Tuna salad plate

18
Minestrone soup
Baked chicken topped w/
Eggplant Bolognese
Roasted potato
Chocolate cookie – Ww roll
Roast beef on roll

19
Vegetable barley soup
Pub burger w/ cheese
Sliced roasted potatoes
Cole slaw
Ww roll - pudding
Chicken salad on rye

20
Chicken & rice soup
Pork roast w/ gravy
Mixed vegetables
Mashed potatoes
Watermelon - Ww roll
Greek salad w/ chicken

21
Escarole & bean soup
Veal & pepper Sandwich
Marinated vegetable salad
Whole Wheat Roll
Fresh fruit
Tuna sandwich

22
French onion soup
Fish fillet sandwich
Cole slaw
Potato wedges
Ww roll - Oatmeal cookie
Chef salad

25
Chicken soup
Shepard's pie
Mashed potatoes
Pudding
Ww roll
Turkey sandwich on ww roll

26
Turkey soup w/vegetables
Meatball sandwich
3-bean salad
Roll-
Cake
Cobb salad

27
Tomato soup
Crustless chicken pot pie
Mashed potatoes
Ww roll
Fig newton
Corned beef on rye

28
Vegetable lentil soup
Balsamic pork tenderloin
Sweet mashed potatoes
Mixed vegetables
Ww roll – Fresh fruit
Ham & Swiss cheese

29
Senior Center Closed

Good Friday